

# September 2022 Breakfast & Lunch 9<sup>th</sup>-12<sup>th</sup> Grade











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>29 Aug National Lemon Juice Day</b>  <b>Breakfast</b> Apple Frudel 🍏 or Waffles w/Syrup 🍷 or Assorted Cereal 🍲 <hr/> <b>LUNCH</b> Pepperoni Pizza 🍕 or Cheese Pizza 🍕 or Chef Choice Meal <b>Sides</b> Fresh Garden Salad, Ranch Dressing PC, Celery Sticks, Fruit, Fruit Juice	<b>30 Aug National Toasted Marshmallow Day</b>  <b>Breakfast</b> Chocolate, Chocolate Chip Muffin 🍪 or Homemade Chorizo 🍖 Egg & Cheese Burrito or Assorted Cereal 🍲 <hr/> <b>LUNCH</b> Smothered Green Beef Burrito or Beef Burrito or Chef Choice Meal <b>Sides</b> Pinto Beans, Baby Carrots, Ranch Dressing PC, Mozzarella Cheese Stick Spanish Rice, Fruit, Fruit Juice	<b>31 Aug Eat Outside Day</b>  <b>Breakfast</b> Croissant w/Egg Patty & Cheese 🍞 or Cheese Quesadilla w/Ham Slice 🍳 or Assorted Cereal 🍲 <hr/> <b>LUNCH</b> Salisbury Steak or Chicken Fried Steak or Chef Choice Meal <b>Sides</b> Mashed Potatoes, Brown Gravy, California Blend Vegetables, Dinner Roll, Strawberry Yogurt Parfait, Fruit Juice	<b>1 Ginger Cat Appreciation Day</b>  <b>Breakfast</b> Chef Choice, Fruit or Breakfast Sausage 🍖 Skillet w/Tortilla or Assorted Cereal 🍲 <hr/> <b>LUNCH</b> Frito Pie w/Corn Chips or Chili Con Carne w/Beans or Chef Choice Meal <b>Sides</b> Cucumber Slices, Ranch Dressing PC, Corn on the Cob, Blueberry Muffin, Fruit, Fruit Juice	<b>2 Spalding Baseball Day</b>  <b>Breakfast</b> Assorted Cereal Raspberry Yogurt 🍓 or French Toast Sticks/Syrup PC 🍷 or Banana Bread 🍌 <hr/> <b>LUNCH</b> Chicken Patty w/Cheese or Chicken Patty on a Bun or Chef Choice Meal <b>Sides</b> Shredded Lettuce, Mayonnaise PC, Sweet Potato Waffle Fries, Ketchup PC, Broccoli Florets, Ranch Dressing PC, Fruit, Fruit Juice	Served Monday-Friday for <b>Breakfast-Fruit Juice, Fruit &amp; Milk</b>  Served Monday-Friday for <b>Lunch-Milk</b> , See Menu for Fruit Component Contains Pork 🐷 Meatless Menu 🌱  <i>Did you Know? September is National Guide Dog month? It is a month-long celebration set apart to honor the work of guide dogs and raise awareness, appreciation, and support for guide dog schools across the U.S. Guide dogs go through rigorous training from an early age. They help those with sensory issues such as blindness and provide added mobility and independence for those who might not have otherwise had such freedoms. Dogs have been domesticated for around 150,000 years and have been coexisting with humans since back then. Ancient artifacts and scrolls show instances where dogs were guiding their human companions. The first attempt to train guide dogs was in Paris at the 'Les Quinze-Vingts' hospital for the blind. The founder of the Institute for the Education of the Blind 'Blinden-Erziehungs-Institut' in Vienna, Johann Wilhelm Klein, wrote about guide dogs in his book published in 1819. This provides evidence that dogs have been helping humans for a long period. After the First World War, when many soldiers came back blind, the use of guide dogs peaked. The demand for this service prompted the opening of the first school for guide dogs in Oldenburg, Germany. Dog trainer Dorothy Harrison Eustis is attributed with bringing the first guide dog to America, and Eustis later established the 'Seeing Eye School' in Morristown, New Jersey.</i>
<b>5 Labor Day</b>  <b>NO SCHOOL</b>	<b>6 National Read a Book Day</b>  <b>FOR DCCCHS ONLY</b> <b>Breakfast</b> Chef Choice <hr/> <b>LUNCH</b> Chef Choice Fruit Fruit Juice  <b>NO SCHOOL FOR DHS, ECHS &amp; MVHS TEACHER IN-SERVICE DAY</b>	<b>7 Buy a Book Day</b>  <b>Breakfast</b> Strawberry Cream Cheese Mini Bagel 🍞 or Hormel Breakfast Bar 🍖 & Dick & Jane Crackers or Assorted Cereal 🍲 <hr/> <b>LUNCH</b> Red Cheese Enchiladas 🌮 or Green Chicken Enchiladas or Chef Choice Meal <b>Sides</b> Refried Beans, Cucumber Slices, Ranch Dressing PC, Blueberry Yogurt Parfait, Fruit Juice	<b>8 World Literacy Day</b>  <b>Breakfast</b> Mini Cinni Roll 🍞 or Biscuits & Gravy w/Sausage Patty or Assorted Cereal 🍲 <hr/> <b>LUNCH</b> Spaghetti w/Meat Sauce or Chicken Alfredo w/Twist or Chef Choice Meal <b>Sides</b> Fresh Garden Salad, Ranch Dressing PC, Green Beans, Bread Stick, Fruit, Fruit Juice	<b>9 Teddy Bear Day</b>  <b>Breakfast</b> Fruit Loops Cereal Go-Gurt 🍓 or Cheese Omelet w/Tortilla 🍳 or Cinnamon Breakfast Round 🍷 <hr/> <b>LUNCH</b> Chef Choice or Chef Choice or Chef Choice Meal <b>Sides</b> Chef Choice Fruit Fruit Juice	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>12 National Police Woman Day</b>  <b>Breakfast</b> Mini French Toast 🍌 or Cheese Quesadilla 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Corn Dog, Mustard PC, or Chili Dog or Chef Choice Meal <b>Sides</b> Ranch Beans 🍌, Sweet Potato Waffle Fries, Ketchup PC, Fruit, Fruit Juice	<b>13 Positive Thinking Day</b>  <b>Breakfast</b> Peanut Butter & Jelly Sandwich 🍌 or Homemade Bean Burrito 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Lasagna w/Cheese 🍌 or Chicken Alfredo with a Twist or Chef Choice Meal <b>Sides</b> Italian Blend Vegetables, Fresh Garden Salad, Ranch Dressing PC, Garlic Bread Slice, Chocolate Chip Granola Bar, Fruit, Fruit Juice	<b>14 National Coloring Day</b>  <b>Breakfast</b> Breakfast Turkey Sausage Pizza or English Muffin w/Egg Patty & Cheese 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Mandarin Orange Chicken or BBQ Teriyaki Chicken or Chef Choice Meal <b>Sides</b> Steamed Rice, Stir Fry Vegetables, Cucumber Slices, Ranch Dressing PC, Dinner Roll, Fortune Cookie, Fruit, Fruit Juice	<b>15 Make a Hat Day</b>  <b>Breakfast</b> Banana Bread 🍌 or Chicken & Waffles w/Syrup PC or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Red Chili Smothered Bean Burrito or Bean Burrito 🍌 or Chef Choice Meal <b>Sides</b> Fresh Garden Salad, Ranch Dressing PC, Spanish Rice, Fruit, Fruit Juice	<b>16 National Play-Doh Day</b>  <b>Breakfast</b> Apple Zings Cereal, Blueberry Yogurt 🍌 or Scrambled Eggs, Bacon 🍌 & Biscuit or Cherry Frudel 🍌 <hr/> <b>LUNCH</b> Sloppy Joe on a Roll or Hot n' Spicy Chicken Patty w/Cheese on a Bun or Chef Choice Meal <b>Sides</b> Celery Sticks, Ranch Dressing PC, Potato Smiles, Ketchup PC, Fruit, Fruit Juice	
<b>19 Recycle Awareness Week</b>  <b>Breakfast</b> Strawberry Cream Cheese Mini Bagel 🍌 or Zucchini Bread 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Pulled Pork 🍌 on a Bun, BBQ Sauce or Italian Meatball Sub or Chef Choice Meal <b>Sides</b> Baked Beans 🍌, Baby Carrots, Ranch Dressing PC, Sun Flower Seeds, Fruit, Fruit Juice	<b>20 National Punch Day</b>  <b>Breakfast</b> Piggie Stick 🍌 or Homemade Beef, Potato, Green Chili & Cheese Burrito" or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Beef Tacos or Chicken Tacos or Chef Choice Meal <b>Sides</b> Taco Sauce PC, Refried Beans, Yellow Corn, Spanish Rice, Fruit, Fruit Juice	<b>21 Miniature Golf Day</b>  <b>Breakfast</b> Mini Blueberry Waffle 🍌 or Omelet /w Croissant 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Chicken Nuggets or Chicken Drumstick or Chef Choice Meal <b>Sides</b> Mashed Potatoes, Brown Gravy 🍌, Green Beans, Dinner Roll, Fruit, Fruit Juice	<b>22 World Rhino Day</b>  <b>Breakfast</b> Biscuit w/ Turkey Sausage & Cheese or Red Chilaquiles 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Hot Dog on a Bun or Mini Corn Dogs or Chef Choice Meal <b>Sides</b> Tater Tots, Ketchup PC, Mustard PC, Ranch Beans 🍌, Mozzarella Cheese Stick, Gold Fish Cheddar Cracker, Fruit, Fruit Juice	<b>23 Redhead Appreciation Day</b>  <b>Breakfast</b> Lucky Charms Cereal, Go-Gurt 🍌 or Homemade Egg & Cheese Burrito or Pancake Sausage 🍌 Sandwich <hr/> <b>LUNCH</b> Toasted Ham 🍌 & Cheese Sandwich or Grilled Cheese Sandwich 🍌 or Chef Choice Meal <b>Sides</b> Sun Chips, Broccoli Florets, Baby Carrots, Ranch Dressing PC, Fruit, Fruit Juice	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>26 Alpaca Day</b>  <b>Breakfast</b> Apple Frudel 🍏 or Waffles w/Syrup 🍷 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Pepperoni Pizza 🍕 or Cheese Pizza 🍕 or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Celery Sticks, Fruit, Fruit Juice	<b>27 National Scarf Day</b>  <b>Breakfast</b> Chocolate, Chocolate Chip Muffin 🍌 or Homemade Chorizo 🍷 Egg & Cheese Burrito or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Smothered Green Beef Burrito or Beef Burrito or Chef Choice Meal Sides Pinto Beans, Baby Carrots, Ranch Dressing PC, Mozzarella Cheese Stick Spanish Rice, Fruit, Fruit Juice	<b>28 National Neighbor Day</b>  <b>Breakfast</b> Croissant w/Egg Patty & Cheese 🍌 or Cheese Quesadilla w/Ham Slice 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Salisbury Steak or Chicken Fried Steak or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy 🍌, California Blend Vegetables, Dinner Roll, Strawberry Yogurt Parfait, Fruit Juice	<b>29 World Heart Day</b>  <b>Breakfast</b> Chef Choice, Fruit or Breakfast Sausage 🍷 Skillet w/Tortilla or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Frito Pie w/Corn Chips or Chili Con Carne w/Beans or Chef Choice Meal Sides Cucumber Slices, Ranch Dressing PC, Corn on the Cob, Blueberry Muffin, Fruit, Fruit Juice	<b>30 Pet Tricks Day</b>  <b>Breakfast</b> Assorted Cereal Raspberry Yogurt 🍌 or French Toast Sticks/Syrup PC 🍷 or Banana Bread 🍌 <hr/> <b>LUNCH</b> Chicken Patty w/Cheese or Chicken Patty on a Bun or Chef Choice Meal Sides Shredded Lettuce, Mayonnaise PC, Sweet Potato Waffle Fries, Ketchup PC, Broccoli Florets, Ranch Dressing PC, Fruit, Fruit Juice	

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